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NEWS
WORTH
SHARING.

Nova Centre builders act after drunk crane climb

Police express relief **PAGE 3**

Selling like hotcakes? Try BeaverTails

Yep, fried dough sells — will a piece of the company dealings do as well? **PAGE 7**

Councillor pay must be fair, declares Craig

In his second attempt, local councillor outlines his plan for payment formula **PAGE 6**

NICE CATCH? REPORTS SAY JAYS HAVE SIGNED RUSSELL MARTIN

PICKING UP THREE-TIME ALL-STAR WITH \$82-MILLION US CONTRACT WOULD BE A BIG CHANGE FOR THE NORMALLY FRUGAL TEAM **PAGE 22**

WHAT, NO NAUGHTY ONE?

Paul Graham, manager of client safety at Scotia Square, puts some of the first donations into the Feed Nova Scotia Nice Bucket on Monday after it was unveiled inside the mall. The bucket, on site until Dec. 19, is looking to encourage the spirit of giving during the holiday season. Story, page 10. JEFF HARPER/METRO

Trotting ahead with expansion

Hatfield Farms plan. Community council approves ideas such as a pool, paintball course



HALEY RYAN
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After years of waiting, a proposed development agreement that would see Hatfield Farm expand is moving through the approval process.

On Monday night, Hammonds Plains councillor Matt Whitman said the North West Community Council approved an application that would create a new deal allowing more commercial recreation uses.

"I want to make life as easy as possible for businesses," Whitman said earlier Monday. "Get out of their way, say yes and let them do their thing."

According to the council report, there have already been two public information meetings about the development: in 2009, and this past February.

The document said it's "not typical" to have a file active for so long. The delay was due to a property boundary dispute and a "land-use compliance issue related to unauthorized development," which have both been resolved.

"Government needs to make it easy for risk-takers that want to do business and to grow," Whitman said.

The proposal includes expanding existing structures like the barn, parking lot, restaurant, main lodge and rubber rodeo building.

They would also create a new indoor riding barn, blacksmith shop, tack shop, petting pen, mini-golf course, slide and pool, fruit and vegetable stand, obstacle course, paintball course, cabins for

Ever onward

"They just keep trying to make their business better and better and keep rolling with it."

Coun. Matt Whitman on Hatfield Farms

guests and workers as well as corporate meeting rooms.

The North West Planning Advisory Committee approved the proposal in April, and Whitman said there is still discussion to be had around such concerns as on-site sewer and water services, and the possibility of a dedicate left-hand turning lane on Hammonds Plains Road to handle increased traffic.

"It would bring people to our area from away, so the more the merrier," said Whitman. "But we just finished that section of (road) and I think that the turning lane should have been incorporated into that work."



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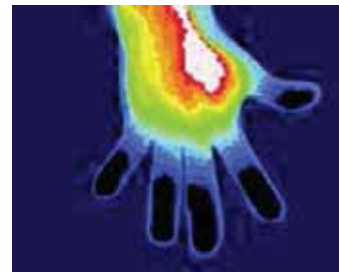
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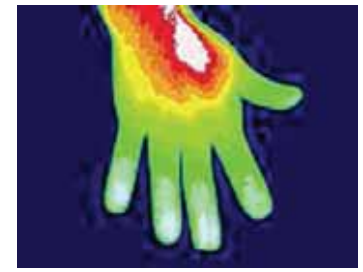
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'It's not a playground'

Nova Centre.

Construction company says more security being added following latest crane-climbing incident

STEPHANIE
TAYLOR

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The most recent break-in to the Nova Centre construction zone, has convinced a site manager from the construction company to add more security.

David Rock, who is the site manager with EllisDon, explained he was in meetings most of Monday morning and based on how the discussions went with staff, he said, "We are getting more security, immediately."

On Sunday at around 4:30 a.m., Halifax police arrested two drunken men who had entered the off-limits site and climbed to the top of one of the cranes. A similar incident occurred in late September, when two men in their early 20s scaled the fenced-off area and were spotted on a crane.

Rock said he was surprised to hear that for a second time, individuals had decided to enter such a dangerous zone, unprepared



"Keep out" signs are posted around the Nova Centre construction site. JEFF HARPER/METRO

Safety concerns

'Any added security is welcome': Police

Halifax Regional Police spokesman Const. Pierre Bourdages said he's relieved

to hear extra security will be added to the construction zone.

He said police were told by the construction company there would be extra security around the area following the first incident in September, but it was never confirmed that happened.

"Any added security is

welcome," Bourdages said Monday, explaining the site is by far the largest in the city and home to a number of dangers.

He warned that any minor slip or fall could be disastrous for even the most trained, sober worker during the day, and that risks are amplified when you

factor in intoxication and nightfall.

As the structure of the building continues to rise, Bourdages explained there will be more and more places to climb — and fall from — besides cranes.

"(Safety) is of great concern, given the state of the site," he said.

and unprotected.

"There are so many risks," he explained Mon-

day. "People can fall, they can trip — they can die if they're not properly trained to be on that site."

The site of the future convention centre on Argyle and Sackville streets is already monitored by an overnight security guard from 10 p.m. to 4:30 a.m., but Rock said a second security guard will likely be added.

Rock said the developer Rank Inc. is responsible for security. The company could

not be reached for comment by early Monday afternoon.

Rock said construction crews have done all they can to protect the site. The eight-foot fence around the construction zone is two feet taller than the normal fence of this type, he said, and the base is secured with concrete, so there are no major openings.

But no matter how much extra security is added, Rock said that won't stop people

who are determined to get in, particularly if they have been drinking.

"I have no idea what would be in there that someone would really want to go see all that much, but I guess people do weird things," said John Hussey, who works downtown and was walking by the site Monday.

"People need to be aware and stay off the site," Rock insisted. "It's not a playground."

Arrests

Connor Gordon Mackay and Stuart Walker Macdonald, both 21 and from New Glasgow, were arrested for public intoxication and entering prohibited property in the construction site break-in

case from Sunday. The fine for public intoxication is \$130.45, while a ticket for entering prohibited property is \$233.95. There is no word on whether they face criminal charges.

Officer charged with impaired driving

Halifax Regional Police have charged one of their own with impaired driving, after an early-morning accident Monday saw a car hit a power pole in Dartmouth.

Police say the accident happened just after 3:30 a.m. in the 0 to 100 block of Prince Albert Road.

After crashing into the power pole, police say, the driver fled the scene on foot. He was located about 30 minutes later on Portland Street on the overpass to

Highway 111.

Police say the man — an HRP officer who was off-duty at the time — was arrested after showing signs of impairment.

Const. Ryan William Morris, 23, is facing charges of impaired driving. He is a one-year veteran of the force who has been suspended with pay.

"We don't tolerate that type of behaviour," said HRP spokesman Const. Pierre Bourdages.

Suspension

Const. Pierre Bourdages of Halifax Regional Police says under guidelines of the Police Act, Const. Ryan William Morris will be suspended with pay for the next 60 days.

"It's very disconcerting to us when we have a police officer who has broken the law, laws they are expected to uphold."

Morris is scheduled to appear in Dartmouth provincial court on Dec. 23 and police say more charges are expected under the Motor Vehicle Act.

Bourdages wouldn't disclose how much above the legal blood-alcohol limit the officer allegedly was "because it's before the courts."

He did say cases of impaired driving are usually not sworn before the courts this quickly, which allows them to release the accused's



A Halifax Regional Police vehicle. JEFF HARPER/METRO

name. But in this case where it involved a Halifax police officer, Bourdages said the force wanted to act quickly to make sure the public was aware of what happened.

PHILIP CROUCHER/METRO

1 NEWS

Rounding into form already

'So far it's promising'

Pedestrians give thumbs-up for new Halifax roundabout



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Halifax's newest roundabout saw motorists, pedestrians and cyclists move through the traffic circle smoothly on a rainy Monday morning.

Sunday afternoon, after months of construction, the roundabout opened at the intersection of North Park, Cunard and Agricola streets.

Area resident Nick Woods said he's happy to see the change.

"Crossing it seems easier than ever," said Woods on Monday.

Woods said the old intersection with multiple crosswalks seemed "a little chaotic."

"There was a bit more of an element of tension before," he said. "It remains to be seen how people treat this long-term, but so far it's promising."

Robin Johnston also lives in the area, and said she's glad construction is over because it was difficult to walk around the area and the noise levels were annoying.

But she said the final roundabout seems easy to navigate.

"There's not very much traffic so it really isn't that



Halifax's newest roundabout is now open at the corner of Agricola and Cunard. JEFF HARPER/METRO

confusing," Johnston said.

According to HRM, the temporary crosswalk near Cornwallis and North Park streets has been moved back

to the corner of Cornwallis with the overhead push-button activated lights.

Next year, that crossing will be shortened from

24 metres to a six- and seven-metre crossing, with a 3.7-metre island in between.

Landscaping and other changes to the trail on the

Halifax North Common will take another couple of weeks, according to a release.

HRM is planning a second roundabout at the intersec-

Twitter

Here are some tweets about the new roundabout on Monday:

@dmart15_johnlu • • • • •
thank god. Traffic should be good again in the north end.

@nataliechavarie • • • • •
I'm not sure if this the roundabout will be safe (safer) for cyclists. I can imagine motorists becoming impatient if cyclists take full lane

@brennosner • • • • •
Smooth trip through the new roundabout Agricola - North Park. Still need to test the Cunard - N. Park movement for calming.

@WindsweptCoast • • • • •
Having the new roundabout open cut about 8 minutes off my commute. Sitting on Robie = 10 mins. Roundabout to University Ave - 2 minutes.

@LousyRock • • • • •
drove it this morning. 2 lanes northbound on north park become one lane in roundabout no warning.



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Mooseheads forward facing cocaine charge

A member of the Halifax Mooseheads facing charges of impaired driving following a collision in Dartmouth last month is now up on a drug offence in connection with the same alleged incident.

Metro Halifax has learned 19-year-old forward Brandon Vuic is facing a single charge of possession of cocaine with a promise to appear in court on that allegation on Dec. 17.

Vuic is scheduled to appear in Dartmouth provincial court on Tuesday to be arraigned on impaired driving charges after a 19-year-old Dartmouth man was arrested for impaired driving and consuming more than



Brandon Vuic
JEFF HARPER/METRO

the legal limit of 80 milligrams of alcohol.

Reports indicate someone drove into a parked car on Freshwater Trail Oct. 7 at about 10:50 p.m. The parked car was heavily damaged and an empty liquor bottle was allegedly found in the accused's vehicle, Metro Halifax has learned.

Halifax Regional Police spokesman Const. Pierre Bourdages wouldn't confirm the

name of the accused in either court matter when contacted by phone Monday because neither incident has been sworn before a judge.

Bourdages did say the individual charged from the Oct. 7 crash is now facing an "additional charge" stemming from the same incident.

Following the incident, the Mooseheads suspended Vuic for three weeks before he returned to the lineup on Oct. 24.

Vuic didn't dress for the Mooseheads in either game of a home-and-home series with the Cape Breton Screaming Eagles last weekend.

PHILIP CROUCHER/METRO

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Craig tackles council salaries again

Different formula.
Councillor calling for new committee to review officials' raises



RUTH DAVENPORT
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A Halifax-area councillor is taking another crack at getting the formula for determining councillors' salaries regularly reviewed by an independent committee.

Coun. Steve Craig will table a motion at regional council's weekly meeting Tuesday calling for the auditor general to select a committee to review all prior recommendations for raising wages of councillors, the deputy mayor and mayor.

The committee would also make a recommendation to council every four years on what methodology should be used for annual salary adjustments.

"So the methodology

could result in the continuation of this current formula that's in place," Craig said on Monday.

"They could come back and say, 'hold it to the CPI (consumer price index) for the Atlantic region.' ... Or they could come back and say, 'keep it flat and this is the number for the next four years.'"

Craig emphasized the motion has nothing to do with setting the actual salaries, which is done every year using a formula based on seven other benchmark municipalities.

He said his concern is that the formula, established by a city hall committee in 2004, has been reviewed only once in the 10 years since with no changes.

"I don't care what (the committee) comes back

with," he said. "What I care about is that it is independent, transparent and it's chosen by and brought forward in such a way that an elected official can say, 'you know what? We did not choose that number, we believe in the process.'"

Craig tabled a similar motion in July 2013 that would have placed the committee under the chief administrative officer's purview. That motion was defeated by a vote of 10 to seven, but Craig said he's hoping a little more specificity in the new proposal and the passage of time will bring a few more councillors onside.

"I have a good argument and reasonable people will listen to that," he said. "Based on their experiences, based on their judgment, they'll cast a vote."

Watchful eye

"I'm just looking for very good governance and having it, like most processes, periodically reviewed."

Coun. Steve Craig



Coun. Steve Craig of Sackville is shown in this file photo. JEFF HARPER/METRO

Mayor speaks to Chamber of Commerce on Wednesday



Mike Savage JEFF HARPER/METRO

The Halifax Chamber of Commerce says tickets are sold out for the mayor's annual State of the Municipality address.

Mayor Mike Savage will speak to Chamber members and other guests on Wednesday during a lunch event at the Harbourfront Marriott.

The president and CEO of the Chamber says members have been impressed with the mayor over his first two years in office, but are looking for

more in the last two.

"Reducing the tax burden, championing common-sense regulations, building a vibrant downtown core, and promoting immigration are all areas we need to see improve for the well-being of Halifax," states Valerie Payn in a release.

The release asks guests to bring new socks to the event, for the benefit of Shelter Nova Scotia.

RUTH DAVENPORT/METRO

Galleries, shops open doors for public in 'mini-Nocturne'

The third annual Halifax-Dartmouth ArtWalk will be taking place Thursday evening.

Organizers are describing the event as a "mini-Nocturne," where locals will be able to peruse a number of galleries and local shops in downtown Halifax and downtown Dartmouth on a self-guided walking tour.

Entry into galleries will be free Thursday evening, and

visitors will have a chance to meet different local artists and get a head start on their Christmas shopping, with no taxes at some locations.

The event takes place on Thursday from 6 to 8 p.m.

METRO



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ArtWalk this way

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- the Art Gallery of Nova Scotia, Argyle Fine Art, Studio 21, Parentheses Gallery, the Dart Gallery, Bodega Boutique and Inkwell Boutique.



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The sign on the waterfront location of BeaverTails in Halifax. JEFF HARPER/METRO

Quoted

BeaverTails franchise owner Ed Perver





Nova Scotia chops down its gift to Boston

Dan Nightingale fells a 13-metre tall white spruce — this year's Christmas tree for Boston, donated by John and Ethel Ann MacPherson — in Purlbrook on Monday. Since 1971, Nova Scotia has given a tree to the people of Boston in gratitude for their assistance following the Halifax Explosion in 1917. ANDREW VAUGHAN/THE CANADIAN PRESS

Conservationists concerned about higher tuna quota

'Really short-sighted'
Halifax's Ecology Action Centre speaks out against decision to increase catch limits by 15 per cent

A decision by an international regulator to increase catch limits for the endangered Atlantic bluefin tuna won praise from the Canadian government Monday, but a Nova Scotia ecology group says the move could hurt a species once devastated by overfishing.

The International Commission for the Conservation of Atlantic Tunas, meeting for the past week in Genoa, Italy, said the annual catch limit for the western population of the lucrative species will rise from 1,750 tonnes to 2,000 tonnes next year and stay at that level in 2016.

Katie Schleit of the Ecology Action Centre in Halifax said the 15 per cent increase, supported by the Canadian government, could hinder recovery of the big, fast fish.

"It seems like a really short-sighted decision given where the population level is," she said in an interview from Genoa.

Scientists monitoring bluefin tuna in the western

The bluefin

Adult bluefin tuna, which weigh about 250 kilograms on average, are prized for their tender flesh, especially for sushi and sashimi dishes. Earlier this year, a 230-kilogram fish was auctioned off at \$70,000 US at Tokyo's Tsukiji market.

Atlantic since the 1970s say overfishing reduced the population to one-fifth of its size by the late 1990s, when strict conservation measures were introduced.

Since then, the population has grown to about half its size in the '70s, with a recent study for the commission confirming that a recovery is underway.

American fisheries scientist Clay Porch, who led the commission's western stock assessment, has described the findings as the most optimistic seen in years.

"However, there is a lot of scientific uncertainty around that estimate, and the true numbers may be lower," he said in an online post for the National Oceanic and Atmospheric Administration. "So there's reason to be optimistic, but there's also reason to be very cautious regarding the question of catch limits."

Schleit says that's why conservationists had wanted the limit to remain frozen.

"We're still at 55 per cent of 1970s levels, and the '70s were already at a time when the stock was depleted," said Schleit, adding that the mixing of the populations from the western and eastern Atlantic has contributed to a higher degree of uncertainty.

"This is all the more reason to keep the quota where it is."

Canada, Japan and United States, which conduct most of the bluefin fishing in the western Atlantic, tabled the 15 per cent proposal at the conclusion of the commission's weeklong meeting.

Faith Scattolon, head of the Canadian government's delegation, said federal officials were guided by scientific advice contained in the commission's study.

The new limits mean Canada's 600 licensed bluefin tuna fishermen will see their allotment increase by 70 tonnes to a total of 452 tonnes for the next two years, Scattolon said.

That will likely translate into \$2 million in additional income for the fishermen, who live in Quebec, the island of Newfoundland, Nova Scotia, New Brunswick and Prince Edward Island.

About 45 per cent of the quota is for Nova Scotians, and another 30 per cent goes to the fleet in P.E.I. The remaining 25 per cent is split between the other three provinces, with Newfoundland and Labrador taking the largest chunk at about 13 per cent. **THE CANADIAN PRESS**

Quoted

"As far as the western population is concerned, we still have a long way to recovery."

Katie Schleit of the Ecology Action Centre

Ecology group wants more done to protect local shark

A Halifax-based ecology group says international regulators aren't doing enough to protect a type of shark known to frequent waters off Canada's east coast.

The Ecology Action Centre says that for the fifth year in a row, the International Commission for the Conservation of Atlantic Tunas has decided

against new conservation measures for the porbeagle shark.

There is no directed fishery for this type of shark.

However, there are no rules against keeping the fish if fisherman capture them when fishing for other species.

Spokeswoman Heather

Grant says bycatch is one of the largest threats to the species.

Grant says scientists consider porbeagles one of the most vulnerable sharks, which have been assessed as endangered by the Committee on the Status of Endangered Wildlife in Canada.

THE CANADIAN PRESS



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Landry trial hears RCMP gun expert's testimony

Missing fisherman.

Boat was shot four times at different angles, court hears

The trial of a man accused in the death of a Cape Breton fisherman, whose body hasn't been found, heard an RCMP firearms expert explain Monday how four bullets penetrated Phillip Boudreau's speedboat.

RCMP civilian firearms expert Joseph Prendergast told the second-degree murder trial of Joseph James Landry that Boudreau's boat was shot at from different angles, based on his analysis of bullet holes, residue and fibres.

"There was evidence there that there was damage caused by four bullets," Prendergast said before drawing a diagram for the jury of where the bullets damaged the four-metre fibreglass boat.

Prendergast, who has more than 20 years of experience as a firearms expert, said he also recovered a bullet from inside the boat during his analysis.

"The bullet that was recovered, I believe, (came from) a rifle," he told the Nova Scotia Supreme Court in Port

Evidence

Judge Joseph Kennedy told the jury they will view Boudreau's badly damaged boat Tuesday morning in a parking bay at the courthouse.



Investigators work during the murder investigation. CAPE BRETON POST FILE

Hawkesbury.

Last week, the Crown told a jury that Boudreau, 43, died as a result of a sustained attack by a three-man lobster fishing crew on board the Twin Maggies.

Crown prosecutor Steve Drake said the Twin Maggies rammed Boudreau's boat three times at the mouth of Petit de Grat harbour on June 1, 2013. He said Landry fired four shots from a rifle, one of which hit Boudreau's leg.

Boudreau's boat overturned after it was rammed the third time, and he was then hooked with a gaff and dragged out to sea, Drake said.

Landry, 67, of Little Anse, has pleaded not guilty to second-degree murder in Boudreau's death. He is one of four people charged in the case.

Const. Tom McLeod, incident commander for the RCMP dive team that was tasked with finding Boudreau, told the trial that his team found the motor from Boudreau's boat on June 2, 2013, the day after he disappeared.

McLeod said based on the location of the motor and a number of other factors including wind and current speeds, the team searched an area of Mackerel Cove and they expected to find a body.

"If the current is moving at 0.5 knots, it will move a victim along the bottom," he said. "The body was not there."

McLeod testified that Boudreau's body was never found, including after the team searched a different area following a re-enactment.

THE CANADIAN PRESS

Chrisma Ann Joy Denny

Police follow new leads in the case of missing woman from Cape Breton

Police are still looking for 23-year-old Chrisma Ann Joy Denny of Eskasoni, but say they now believe she was in the United States during the month of September.

According to a news

release issued on Monday by Cape Breton Regional Police, investigative efforts by both the Cape Breton force and the RCMP have led police to information that Denny was travelling in the United States during the month of September.

The investigation to date has led police to determine she was last seen in the Eskasoni area on Aug. 22, not Sept. 11 as earlier released.

Investigative efforts

confirmed Denny entered the United States in late August. The release says Denny interacted with police in Alabama and with police in Knox County, Tennessee on Sept. 17. The last confirmed sighting of her was in Knox County on Sept. 19.

Police continue to follow up on the numerous tips of information coming forward, but are unable to confirm any further sightings of Denny.



Chrisma Ann Joy Denny
CONTRIBUTED

She was reported as missing by her family on Nov. 4. **CAPE BRETON POST**

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Take a selfie and challenge away

What a Nice idea.
Scotia Square mall collecting donations for Feed Nova Scotia

STEPHANIE
TAYLOR
halifax@metronews.ca

Move over, Ice Bucket Challenge, the Nice Bucket Challenge has come to town.

On Monday, staff at Scotia Square mall in downtown Halifax unveiled a seven-foot-tall red bucket — called the “nice bucket” — just outside the food court, which will be used to collect donations for Feed Nova Scotia this holiday season.

Elizabeth Engram, manager of marketing and client relations at the mall, said this is the first-of-its-kind campaign the square has launched, and she believes it will be a huge success, citing the wild popularity of the Ice Bucket Challenge.

“Everybody loves to take pictures and they love to take



Paul Graham, manager of client safety at Scotia Square, puts some of the first donations into the Feed Nova Scotia Nice Bucket on Monday after it was unveiled inside the mall. JEFF HARPER/METRO

pictures of themselves,” she said Monday.

How the campaign works is simple: Shoppers are encouraged to drop off their non-perishable food item or money donation in the “nice bucket,” then snap a picture

of themselves, post it to Facebook and Twitter using the hashtag #NiceBucket2014, and challenge their friends to do the same.

All photos will be channelled to NiceBucket.ca, and those who post can win gift

certificates toward the mall’s food court.

Engram said the food drive has no set goal, but she is confident that shoppers will rise to the challenge and fill the bucket.

Nick Jennery, executive

director of Feed Nova Scotia, was at Monday’s unveiling and said he’s thrilled with the new initiative. He hopes the campaign will be “infectious” and remind shoppers that this is the season to give to those Nova Scotians

Quoted

“It’s really important that we look after those in our community and give them a hand up.”

Nick Jennery, executive director of Feed Nova Scotia

who find themselves in hard times.

Last year, Jennery said around 36,000 Nova Scotians (one in every 26 people) used food banks. One-third of those were children.

He said any kind of canned goods are welcome, but he named peanut butter, canned meats, pastas and soups, as well as toiletries, as some of the biggest needs on this year’s wish list.

“Take a selfie, send it to your friends, challenge your friends to come do the same. You’ll be doing a tremendous amount of good to people who really do need that help,” Jennery said.

The campaign runs from Nov. 17 to Dec. 19.

Pick a show, any show

Halifax is in for quite the musical week over the next seven days as big names such as Sarah McLachlan, Bob Seger and Brad Paisley are rolling into town.

Canadian pop songstress McLachlan kicks off a string of concerts taking place at the Scotiabank Centre with her own show on Wednesday at 7:30 p.m.

McLachlan is in Halifax as part of her Shine On Tour, and tickets range from \$59 to \$79.

Country star Paisley is next up on Thursday as part

Tickets

All tickets are available at ticketatlantic.com, participating Atlantic Superstores, by phone at (902) 451-1221 or the Ticket Atlantic box office.

of his Country Nation World Tour.

His show, featuring opener Brett Kissel, begins at 7:30 p.m., and tickets range from \$74 to \$124.50.

For those wanting to

launch into the holiday spirit, Kenny Rogers is performing on Friday at 8 p.m. as part of his Hits and Christmas tour. His tickets range from \$72 to \$82.

Finally, next Monday night on Nov. 24, classic rocker Seger and his Silver Bullet Band are set to bring their night moves to Halifax as part of their Ride Out tour, with openers The Christine Campbell Band.

Seger’s show starts at 7:30 p.m., and tickets range from \$60 to \$152.

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Sarah McLachlan is one of many performers coming to Halifax over the next several days. DEREK LEUNG/GETTY IMAGES FILE

'She was just enjoying life and then it was gone'

Noreen Michelle Paul. Community remembers woman killed by drunk driver

Given Noreen Michelle Paul's love of animals, it was only fitting that the sound of barking dogs could be heard during a moment of silence for the 19-year-old Eskasoni woman who was killed by an impaired driver 15 years ago.

Family, friends and members of the First Nations community gathered on Monday for a white-cross ceremony beside the stretch of Castle Bay Road where, on Oct. 9, 1999, Paul was killed within sight of her home.

Elaine Alex said she thinks of her sister every day and is pleased there is now a permanent reminder of her in the community.

"We wanted people to see the cross to remember Noreen and to be reminded what can happen when impaired drivers get behind the wheel," said Alex.

"She was so young — she was just enjoying life and then it was gone."

The white-cross ceremony was facilitated by MADD Canada as part of the organ-



Elaine Alex holds one-year-old son Hudson near the white cross dedicated to Alex's sister Noreen, who was killed by a drunk driver 15 years ago. CAPE BRETON POST

ization's Red Ribbon campaign to promote awareness that every death and injury resulting from impairment-related crashes is needless and preventable.

Susan MacAskill, MADD's regional services manager, said Noreen's white cross was the first one erected in a Nova Scotia First Nations community since the program started in 1997.

"This is a way of both celebrating her life and to grieve her tragic and senseless loss," said MacAskill, who

Impaired driving deaths

According to MADD, impaired driving continues to be the leading criminal cause of death in Canada — between 1,250 and 1,500 deaths each year, in addition to a further 63,000 injuries.

has also lost family members due to impaired drivers.

Elder Wilma Simon addressed the gathering of about 50 people and spoke of how such tragedies affect the entire community.

"It's not just one individual who is affected — it is the family and the entire community," said Simon. "There is a huge grief that goes right across the community — it's not something you can get over, it goes on and on."

During the ceremony at the western end of Eskasoni, the Honour Song was sung to the beating of a drum before family and friends walked to the simple white cross and touched it, as they remembered the young girl who was described as fun-loving with a special fondness for animals and wrestling.

CAPE BRETON POST



Oh, the weather outside is getting frightful

A pedestrian walks by a festive window painting on Argyle Street in the rain on Monday. After a colder weekend, temperatures are expected to reach 15 C on Tuesday and bring more rain to the region. JEFF HARPER/METRO

Pictou

Man pleads not guilty to biting tip of person's nose

A Pictou man accused of biting off the tip of a

person's nose has pleaded not guilty to a charge of aggravated assault.

Randall Edwin Mills, 47, will return to Pictou provincial court April 14, 2015, for his trial on the assault charge that was laid in connection with

an incident on Oct. 10 in Pictou.

The victim was taken to the hospital in New Glasgow where he was admitted and sent to Halifax for surgery after he suffered non-life-threatening injuries. METRO

Two more pedestrians hit on Halifax crosswalks

A rainy Monday in Halifax saw two pedestrians hit by cars in separate incidents, resulting in one driver being ticketed.

Around 6:45 a.m., a 39-year-old man was hit in a crosswalk at the intersection of Young Street and Kempt Road.

Police say the 59-year-old woman driving the car turned left onto Young and hit the victim, who suffered minor injuries.

The driver has been ticketed for failing to yield to a pedestrian in a crosswalk.

At 1:43 p.m., police say

they responded to the intersection of Terminal Road and Hollis Street, where a 67-year-old woman had been hit.

Police say the woman was crossing Hollis in a marked crosswalk, and was hit by a car driven by a 38-year-old woman who was turning left from Hollis onto Terminal Road.

The pedestrian suffered non-life-threatening injuries and was taken to hospital by paramedics.

No charges have been laid in that case but police say the collision is under investigation. METRO

Police reminder

Halifax Regional Police are reminding everyone that road safety is a shared responsibility, and motorists are asked to slow down, pay attention and adjust for the driving conditions.

Police said it's important to remember there's a crosswalk at every intersection and drivers have to yield to pedestrians in a crosswalk.



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Canada silent. U.S. debates policy shift in strategy against ISIL extremists

The Obama administration is under pressure to stretch the definition of what it means to "advise and assist" Iraqi and Kurdish forces in the fight against the Islamic State of Iraq and the Levant (ISIL).

Whether Canada would feel obliged to follow suit, however, remains a mystery.

U.S. Defense Secretary Chuck Hagel told CNN over the weekend he'll consider recommendations to place ground forces in Iraq to help locate targets if it's recommended by the chairman of the Joint Chiefs of Staff. Joint Chiefs chairman U.S. Gen. Martin Dempsey said last week that when it comes to retaking Mosul, Iraq's second-largest city, it's possible American troops might be needed.

Like the U.S., Canada has

a no-combat prohibition on its roughly 69 special forces troops in northern Iraq, and the current combat mission explicitly rules out the deployment of conventional ground forces.

But Roland Paris, an international security expert at the University of Ottawa, says Washington's policy appears to be drifting towards another ground war in Middle East and it's important Canada not follow suit. **THE CANADIAN PRESS**

Beheadings

Militants lined up behind their victims in the latest ISIL video appear to come from outside the Middle East. See page 13 for more.

Labrador. Residential school lawsuits claim Ottawa is liable

Fred Andersen and other former students of residential schools in Labrador will be in court in St. John's, N.L., Tuesday to fight for an apology and compensation from Ottawa.

They're among just over 1,000 plaintiffs in five certified class-action lawsuits who were excluded from Prime Minister Stephen Harper's apology in 2008 and a related compensation package.

Lawyers for the federal government deny it was responsible for schools located in St. Anthony.

Cartwright, North West River, Nain and Makkovik that opened before the province

joined Confederation in 1949.

The International Grenfell Association ran the first three, while the German-based Moravian Missionaries ran the other two.

"We had no choice. We had to go," Andersen, now 62, said in an interview. He recalled how frightened he was leaving Makkovik, an Inuit community on the Labrador coast, at the age of 13. He lived at the school for most of the next four years. He said he did his best to stand up for kids who were bullied and that he was aware of both physical and sexual abuse, although he was not a direct victim. **THE CANADIAN PRESS**

Seniors' residence

Inquest begins into Quebec fire that killed 32

A spokeswoman for the Quebec agency that oversees building codes says she's not sure whether the seniors' residence where 32 people died in a blaze complied with fire-prevention regulations. Coroner Cyrille Delage asked Lise Veilleux on Monday whether the building's older section, which was destroyed in last January's blaze, respected provincial regulations.

THE CANADIAN PRESS

No way out

Wind turbines like 'nightmare neighbours'

Wind turbines are like new neighbours who might drive you to distraction and out of your home because you have no legal way to deal with the situation, a packed Ontario court heard Monday. In submissions to Divisional Court, a lawyer for four families fighting large-scale wind-energy projects compared the turbines to a neighbour who is always noisy and in your face. **THE CANADIAN PRESS**



Bottles changing hands, but will still go to make a difference

For three years, David Loewen drove a donated van around once a week picking up bottles from a list of over 100 clients. With the money he received every cent (totalling over \$35,000) was donated to over 20 different charities. Now the nearly 90-year-old is passing on his legacy to a new recycler.

CANDICE WARD/FOR METRO

Federal Tories seek seats in byelections

Ontario, Alberta. Conservatives aim to retain Yellowhead, Liberals say they have a shot at Whitby-Oshawa

A pair of federal byelections today in what had been comfortable Conservative ridings offer challenges for both the Tories and the opposition parties.

Voters in Whitby-Oshawa are looking to replace the late Jim Flaherty, who won with 58 per cent of the vote in 2011.

The Conservatives have flooded the riding with high-profile campaigners in recent weeks, hoping to hang on to it.

The Liberals, however, are

pressing hard and say they are closing the gap.

In the Alberta riding of Yellowhead, the Conservatives are expected to easily retain a stronghold where Rob Merrifield took 77 per cent of the vote in 2011.

Merrifield resigned in September to work for newly minted Alberta Premier Jim Prentice.

In Whitby-Oshawa, the Conservatives are running Pat Perkins, a former two-term mayor of Whitby.

She has been endorsed by Flaherty's widow, Christine Elliott, who is a front-runner for the Ontario Progressive Conservative leadership. Two of Flaherty's sons are honorary chairs of the Perkins campaign.

The Liberals, who finished a distant third in the riding in 2011, have fielded Celina Caesar-Chavannes, an entrepreneur, research consultant and political newcomer.

They say they have a shot at an upset.

The New Democrats are running Trish McAuliffe, an autoworker and union activist, who ran second to Flaherty in 2011 with 22 per cent of the vote.

In Yellowhead, retired Mountie Jim Eglinski is carrying the Conservative standard.

The Liberals, who took only three per cent of the vote in 2011, are running Ryan Maguhn, a high school teacher and member of Hinton town council.

Eric Rosendahl, a local labour activist, is the NDP candidate.

A win — or even strong second-place finishes — would be a boost for Liberal Leader Justin Trudeau, who has led the Liberals to dramatic gains in every byelection held since he became leader 19 months ago.

That would bolster Trudeau's argument that the Liberals are the real alternative to the Harper government, not the NDP's official Opposition.

THE CANADIAN PRESS

Updates

Please visit metronews.ca for updates.

Regulator asks Canadians

How much should voter registry violators pay?

Canadians are being asked for their thoughts about how violators should be

penalized for contravening the new voter contact registry.

The country's telecom regulator issued a call for comments Monday on its proposals for imposing penalties, which would take a number of factors into account, such as the nature of the violation and

the ability of violators to pay.

Under changes enacted in June, most individuals and companies wanting to contact voters during a federal election will be required to register with the Canadian Radio-television and Telecommunications Commission within 48

hours of the first automated call being made.

The government gave the CRTC the authority to impose fines ranging from a maximum of \$1,500 for individuals to \$15,000 for corporations every time they fail to register or make a call that would be considered misleading.

Palestinian-Israeli conflict

Lack of two-state solution ensures conflict: Official

A senior UN official, Assistant Secretary-General Jens Toyberg-Frandzen, warned Monday that lack of progress on a two-state solution to the Israel-Palestinian conflict ensures that a new round

of violence "is never too far below the surface."

Toyberg-Frandzen told the UN Security Council's monthly Mideast meeting that Secretary-General Ban Ki-moon is alarmed at the escalation of tensions in Jerusalem. A recent escalation of violence between Palestinians and Israelis was sparked by rising tensions over a disputed site in Jerusalem.

THE ASSOCIATED PRESS

Charles Manson

Notorious mass murderer Manson gets licence to marry

Mass murderer Charles Manson has gotten a licence to marry a 26-year-old woman who visits him in prison.

The marriage licence obtained Monday was issued Nov. 7 for the 80-year-old

Manson and Afton Elaine Burton, who left her Midwestern home nine years ago and moved to Corcoran, Calif. — the site of the prison — to be near Manson. She maintains several websites advocating for Manson's innocence. The licence does not specify a wedding date and indicates the couple has 90 days to get married or they will have to reapply.

THE ASSOCIATED PRESS

Activates National Guard

Missouri governor declares state of emergency

Missouri Gov. Jay Nixon declared a state of emergency Monday and activated the National Guard ahead of a grand jury decision about whether a white police officer will be charged in the fatal shooting

of a black 18-year-old in the St. Louis suburb of Ferguson.

Nixon said the National Guard would assist police in case the grand jury's decision leads to a resurgence of the civil unrest that occurred in the days immediately after the Aug. 9 shooting of Michael Brown by Ferguson police officer Darren Wilson.

There is no specific date for a grand jury decision to be revealed. THE ASSOCIATED PRESS

European militants prominent in video of beheadings

Militant identified.

Officials say thousands of young Europeans have headed off to fight

The cold-eyed militants lined up behind their victims in the latest video from the Islamic State of Iraq and the Levant (ISIL) appear to come from outside the Middle East, including one from France and possibly two from Britain.

The video lingers as much on the faces of the camouflaged extremists as the men who are beheaded. The victims include American aid worker Peter Kassig and more than a dozen Syrian soldiers.

The images of ISIL militants allowed authorities to identify one of them Monday as a 22-year-old Frenchman who converted to radical Islam.

Maxime Hauchard has been on the radar of French authorities since 2011 when he took two trips to Mauritania to attend a Quranic school, said Paris prosecutor Francois Molins.

The overwhelming majority of ISIL fighters are from the Mideast, but the extrem-

Peeter Kassig

The parents of an Indiana aid worker, Peter Kassig, who was beheaded by Islamic State militants say their son "experienced firsthand more of the harsh realities of life," but chose to believe in the good.

ist group is trying to cement its claim on an Islamic empire straddling Iraq and Syria.

Europe appears to be a fertile ground to find supporters, with officials saying thousands of young Europeans have headed off to fight. More than 1,000 people in France alone are under surveillance for suspected plans to join the militants, officials said.

In the video released Sunday, a militant whose face was hooded had the familiar London accent of the jihadi who also appeared in beheading videos with American hostages James Foley and Steven Sotloff, and with British hostages David Haines and Alan Henning.

There also were indications that a Welsh medical student may be the man standing next to Hauchard. THE ASSOCIATED PRESS



Kenyans rally for women's right to wear what they choose

A Kenyan woman protests with others for the right to wear whichever clothes they want, at a demonstration in Nairobi, Kenya. A recent incident in which a mob of men surrounded a woman and tore her clothes off, leaving her naked in front of a bus stop after alleging that she was improperly dressed, is one of several videos that have surfaced online in recent days leading to a groundswell of anger. On Monday around 1,000 demonstrators, including a number of men supporting the cause, marched through the capital and protested online using the hashtag #MyDressMyChoice.

BEN CURTIS/THE ASSOCIATED PRESS

Nebraska. Ebola-infected surgeon dies in hospital

A surgeon who contracted Ebola while working in his native Sierra Leone died Monday while being treated in a bio-containment unit at a Nebraska hospital, the facility said.

Nebraska Medical Center said in a news release that Dr. Martin Salia died as a result of the disease. Salia arrived Saturday to be treated at the Omaha

hospital, where two other Ebola patients have been successfully treated. He had advanced symptoms when he arrived at the hospital, including kidney and respiratory failure, the hospital said.

Salia, 44, had been working as a surgeon at Kissy United Methodist Hospital in Sierra Leone. THE ASSOCIATED PRESS

Red Cross. Finding health-care workers a big problem

Red Cross officials helping to lead the fight against Ebola in West Africa said Monday the virus is still spreading, and they're having trouble recruiting health-care workers to combat it.

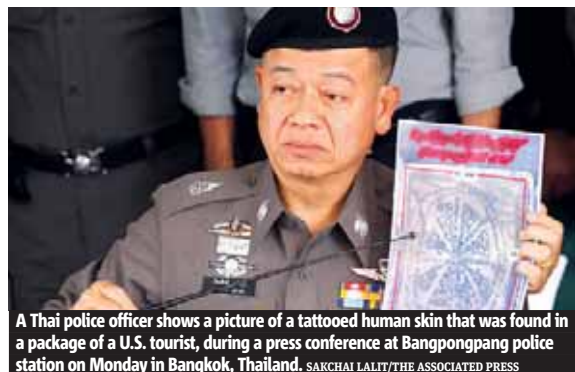
Antoine Petitbon of the French Red Cross said that it's easier for him to recruit people to go to Iraq. He said the French

Red Cross is facing a problem: Sixty per cent of people it signs up to work in the Ebola zone back out due to pressure from families and friends.

Red Cross officials, speaking at a joint news conference in Brussels, called on the media to get out the message that Ebola is not highly contagious.

THE ASSOCIATED PRESS

Thailand tourist questioned after trying to ship baby's body parts to U.S.



A Thai police officer shows a picture of a tattooed human skin that was found in a package of a U.S. tourist, during a press conference at Bangpongpan police station on Monday in Bangkok, Thailand. SAKCHAI LALIT/THE ASSOCIATED PRESS

A parcel delivery company in Bangkok put three packages bound for the United States through a routine X-ray and made a startling discovery: preserved human parts, including an infant's head, a baby's foot and an adult heart.

The body parts were stolen from the medical museums of one of Bangkok's biggest hospitals, its administrators said Monday.

Police Col. Chumpol Poompuang said the sender was a 31-year-old American tourist, Ryan McPherson, who told

them he had found the items at a Bangkok night market. Police tracked down McPherson after being alerted by the shipper, DHL.

"He said he thought the body parts were bizarre and wanted to send them to his friends in the U.S.," Chumpol said, adding that the man was questioned along with an American friend for several hours and released without charges.

It apparently was not the first brush with notoriety for McPherson and his friend,

identified by police as Daniel Tanner, 33. Photos of the two talking with police on Sunday closely resemble men by the same names and ages who were producers more than a decade ago of a video series featuring homeless people brawling and performing dangerous stunts after being paid by the filmmakers, who were based in Las Vegas.

They claimed sales of about 300,000 copies at \$20 each, though their videos, titled Bumfights, were banned in several communities and generally

shunned by retailers.

McPherson and Tanner exited Thailand into neighbouring Cambodia on Sunday, and could not be contacted for comment.

The three packages seized in Bangkok, which contained five body pieces, were labelled as toys, police said. They were being sent to Las Vegas, including one parcel that the man had addressed to himself. Police said they were contacting the FBI to get information about the would-be recipients of the items. THE ASSOCIATED PRESS

Chevrolet joins grasslands project

First corporate participant. As part of program, carmaker has purchased carbon credits equal to taking 5,000 cars off the road

Chevrolet is the first corporate participant in a public-private initiative that pays farmers not to convert natural prairie to large-scale crop production, which would release gases that are warming the planet, officials said Monday.

The automaker, a division of General Motors, said it has bought more than 39,000 metric tonnes of carbon credits from North Dakota ranchers in the prairie pothole region, a broad expanse of grasslands and wetlands reaching across the northern Great Plains and parts of Canada.

"The amount of carbon dioxide removed from our



Auto manufacturing company Chevrolet is the first corporate participant in an initiative that pays farmers not to convert rolling grasslands, like those pictured here in North Dakota's prairie pothole region. JOHN FLESHER/THE ASSOCIATED PRESS FILE

atmosphere by Chevrolet's purchase of carbon credits equals the amount that would be reduced by taking 5,000 cars off the road," U.S. Agriculture Secretary Tom Vilsack said.

Grasslands store huge volumes of carbon dioxide, one

of the gases most responsible for climate change.

Tilling the soil for agriculture releases the gases into the atmosphere. Preserving grasslands keeps carbon bottled up and preserves habitat for waterfowl and other wildlife.

THE ASSOCIATED PRESS



Hellmann's has some egg on its face

This undated product image provided by Unilever shows Hellmann's real mayonnaise. After suing a small California company for calling its product "Just Mayo" because the product is made without eggs, it was discovered that Unilever had tweaked its website to make clear that some of its own products are "mayonnaise dressing," rather than mayonnaise.

UNILEVER/THE ASSOCIATED PRESS

Market Minute



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P.E.I.

Lobster fishery gets sustainable certification

Prince Edward Island is looking to grow its lucrative lobster fishery now that it's been certified as sustainable by an international organization. THE CANADIAN PRESS

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Si vous répondez aux exigences ci-dessus, faites parvenir votre *curriculum vitae* avant minuit, le 26 novembre à :

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Courriel : Alaine.Crowell-Hemming@statcan.gc.ca

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Pumpkin Patch Domestic Medium Hair



Three-year-old Pumpkin Patch was found as a stray in the Truro area. She is a sweet, shy and friendly little girl. Pumpkin Patch is cautious when meeting new people but she can't resist some gentle head and neck scratching. She will not take up a lot of space but will surely fill up the heart of a new loving family or individual. **If you have room in your heart for Pumpkin Patch, please visit her today.**

For more information on **Pumpkin Patch** and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or info@pas.spcans.ca

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SHARING LEADS TO CARING: SCIENCE

Dining out with a crowd can be a major headache. It's always a challenge to wrangle a group of friends into picking a date and an appropriate restaurant that suits everyone's dietary preferences. After that, you have to try snagging a table to accommodate a large party and bring out the calculators when it's time to pay the bill. All of this effort is enough to make even the most sociable foodies give up a night out in favour of a solo frozen pizza at home.

But before you settle in for a long winter of hermit-style eating habits, consider this: Enjoying food with others is actually good for you — not necessarily for your wallet or your waistline, but it just might help improve your interpersonal skills.

Spending meal times with friends and family and sharing food with one another can lead to increased levels of altruistic behaviour, according to a new study from Belgium published



SHE SAYS
Jessica Napier
metronews.ca

last month in *Appetite*. In this case, it's not about where you eat or with whom, but *how* you eat that makes a difference.

The study makes a clear distinction between sharing a meal together, and sharing food. Eating off your own plate in close proximity to fellow diners won't make you a better person. Sharing large dishes, on the other hand, encourages considerate and selfless behaviour in everyone at the table.

According to the research report, adults who engaged in shared meals during childhood were more likely to have "prosocial" personalities later in life compared to those who ate in solitary contexts. These communal eaters were more likely to help a friend move, give up their seat on public transit or offer directions to a stranger.

Of course, not everybody likes to share. While collective cuisine is customary in other cultures around the world, North

Americans tend to cater more to individual preferences. As a result, people can get pretty territorial when it comes to their food. I know plenty of individuals who refuse to order tapas dishes or "family style" platters because they fear they won't get enough to eat.

Communal dining definitely demands a certain level of cooperation: It forces diners to be considerate of others and not just their own appetites. You have to be flexible, adaptable and open to trying new things — especially if everyone wants to order the calamari and you're a bit timid when it comes to tentacles.

Divvying up your meals requires mindfulness. It means abandoning your individual gluttonous instincts and distributing food equally at the table. You're less likely to over-indulge when others are monitoring your portion sizes; no one wants to be the greedy friend who took more than his or her fair share. And just think how much easier it is to split the cheque evenly rather than argue over who had the more expensive entrée.

Regulation: The Coupons Game



A student plays a new board game that ridicules the Communist-era food and goods rationing system, as the game is launched Monday in Warsaw, Poland. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Ration your food! Wash dishes for the collective good! What fun!

A new Polish board game ridicules the Communist-era rationing system that was used in the 20th century to keep prices under control and fight speculation, with food and goods difficult to get.

Regulation. The Coupons Game was launched Monday by the state-run National Remembrance Institute, which teaches Polish history.

The head of the institute's public education section, Andrzej Zawistowski, said state rationing of goods was introduced in times of war or crisis. It was last used in Poland in the 1970s and '80s due to a shortage of food, fuel and other goods.

THE ASSOCIATED PRESS

How to play

In the game, players are tasked with duties such as cooking a dinner or doing the washing.

- They need to trade their rationing coupons cleverly to be able to buy the necessary products before they run out.

MetroTube

The cutest way to overcome your fears



ANDREW FIFIELD
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OK, so we're not going to crack wise about why Queso the pit bull is so frightened of passing through doorways, because such a terrifying association is sad. But Queso is all good now, and appears to be in an extremely healthy and happy home — one so comfortable, it's provided him with the security to come up with a clever workaround. (Rhiannon Hamm/YouTube)



ISTOCK

Twitter

@metropicks asked: Chopin died in Paris, but he wanted his heart sent to Poland. Where would you like your heart to rest?

@LoveLevity: I would like my ashes spread at some of the worlds best festivals. Burning man in the US and Shambhala in Canada.



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Wolk-case scenario? Fans can't quite place his face

Television. Busy actor James Wolk isn't complaining if viewers recognize him, but don't know from which show



NED EHRBAR
Metro in Hollywood

Always Woodstock star James Wolk has become a familiar face to viewers all over, thanks to work on the small screen on *Mad Men*, *Shameless*, *Happy Endings*, *The Crazy Ones* and a slew of other shows. But he still sometimes forgets about that when he runs into those viewers in public.

Have you ever had your own quarter-life crisis like the one Catherine (Allison Miller) has in *Always Woodstock*? Where you start to question everything you've been doing with your life?

You know, Catherine obviously goes through a huge quarter-life crisis. For me, I think getting into my late 20s really shifted where I place importance in my life. There are definitely a few times I could point to, a pivotal time where there was a change in my focus. I don't know if that's a quarter-life crisis so much as a quarter-life, like, taking stock of ... yeah.

Like a readjustment?

Yeah, a quarter-life readjustment, perfect. It doesn't sound as dramatic. Hey,



James Wolk GETTY IMAGES

Quoted

"It's awesome that I can't point to one thing and people kind of come up with different shows. This was the best one, somebody the other day was like, 'You know who you look exactly like?'"

Actor James Wolk

maybe mine's still coming, who knows. You never know. Thank God I've been busy, and it's been an incredible journey. No career doubts, nope.

Do you get a sense when people see you on the street which TV show they're rec-

ognizing you from?

I don't even know. It's a real crap shoot at this point. It's awesome that I can't point to one thing and people kind of come up with different shows. This was the best one: Somebody the other day was like, "You know who you look

exactly like?" And I think it's maybe because I don't carry myself in a (famous) way. I don't come in with my sunglasses and my head down. I don't come in as though I am anyone because, number one, I don't think that I am, and I also kind of forget that I've been on these shows. So I walk in and I'm waiting to order my coffee or something, and someone will look at me and I'll be like, do I have something on my face? What's going on? I literally forget that I'm an actor. So I think that translates, and then they go, "You know who you look like?" Sometimes I'll be like, "It's funny you say that, I get that a lot," or sometimes I'll just be like, "Yeah, it's me."

Wait, how often do you pretend you're not you?

Very rarely, very rarely. Because I almost think it's rude.

I know you're not really allowed to talk about what's going to happen on *Mad Men*, but let's talk about what already has happened. Have you lost your fan favourite status since how the last few episodes shook out for Bob Benson?

Yeah, the fans were like, "How could you?" People became indignant about it, it was amazing. It was really unbelievable. He definitely was beloved, and we'll see what happens. I can't say anything about what's going to happen, yeah, but it's amazing to see people respond to him like that — or, you know, not respond to him.

DVD review



22 Jump Street

Directors. Phil Lord, Christopher Miller

Stars. Channing Tatum, Jonah Hill

There's nothing Channing Tatum and Jonah Hill guys won't do (or redo) for a laugh, the bigger the better and as stupidly as possible.

While everything in *22 Jump Street* is writ larger from their earlier pairing in *21 Jump Street*, it's also mirthfully familiar to their earlier hit. They're still going undercover as students, to college this time instead of high school, and once again sleuthing the source of a lethal new street drug.

They're also once again under the anarchic guidance of co-directors Phil Lord and Christopher Miller.

22 Jump Street may sound like a cash grab in yet another franchise, but Lord and Miller mercilessly riff on that very idea. This is serious meta mayhem.

PETER HOWELL

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Exotic, majestic and lovable — pigeons?

Television. CBC documentary shows a whole different side of the lowly bird that city-dwellers often treat with contempt

RICHARD CROUSE
scene@metronews.ca

Whether they're invading your condo balcony, blocking the sidewalk, ruining lunch on the patio or bombarding your car, there's not a whole lot of love out there for pigeons.

But director Scott Harper would like to change all those rat-like perceptions of these noble birds.

"They have a varied and amazing story in service of humankind," he insists.

"What makes them kind of lovable is that they've done all this for us and yet, for the most part, they are greeted with contempt."

Harper's documentary, *The Secret Life of Pi-*

geons, airs Nov. 20 at 8 p.m. ET on CBC's *The Nature of Things*.

"We were looking for a nature story that hadn't been told yet, and their story was just unbelievable," he says.

"They are the world's oldest domestic animal. You see them in ancient Egyptian hieroglyphs, in Mesopotamian tablets," he notes.

"They were the first animals used to communicate. In ancient battles, Genghis Khan, Julius Caesar and the Egyptians used them to send messages across enemy lines.

"They were the first phone service, the first postal service.

Before that, they were domesticated as food," he adds.

"So they've been a source of food, they've been an amazing source of communication, especially through war, delivering medicines, financial information and, eventually, they also became a source of entertainment; racing the birds, breeding the birds."

To illustrate the majesty of the city pigeon, Harper strapped a camera on one of them, literally giving us a bird's eye view of Toronto.

"What you get from that is a perspective on the city, and just how nimble they are."

Harper's documentary also



Pigeons are the world's oldest domestic animals, dating back to ancient Egypt, and were the first form of long-distance communication. A documentary celebrating the misunderstood bird airs Thursday on CBC. CONTRIBUTED

profiles Cliff Robertson, a Manitoba cattle farmer who has kept birds since he was five, and now has 800 fancy Jacobin pigeons.

His favourite breed is an eccentric-looking bird with "a collar of feathers that grows from the neck and radiates upward, encasing the head. People would not recognize them at all as a pigeon."

"We don't know how many varieties there are," Robertson says. "We are guessing there are in excess of a

Quoted

"Until the early '80s, worldwide, pigeons were the third-biggest hobby next to stamps and coins."

Pigeon fancier Cliff Robertson, on the popularity of raising and racing the birds

thousand species of pigeons."

He notes there are organized pigeon clubs and contests on every continent except Antarctica.

"I've judged all over the world. I've judged in Saudi Arabia, Bahrain and Qatar. When I go there, it is unbelievable. You walk in and you're like a rock star. Seven out of 10 men who have

hobbies in the Middle East have birds. Until the early '80s, worldwide, pigeons were the third-biggest hobby next to stamps and coins."

Harper isn't surprised by the popularity of pigeons around the world.

"If you look at them long enough, you'll see something quite exotic and something quite impressive, as opposed to something dirty."



22 JUMP STREET

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Canadian Home Video
14+
Rating

The Word

Bono's bike
boo-boo brings
Tonight Show
bow-out

NED
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Metro in Hollywood

First the falling luggage, now this. Bono is proving he's a danger to himself and others whether in the air or on land. I'm assuming next week he'll fall over the railing of a cruise ship like Pete Campbell's mom.

Bono was bicycling in Central Park recently when he took a nasty spill — so nasty that he has to undergo surgery to treat an arm injury. The spill has spurred the band to postpone a planned week-long residency at The Tonight Show, the other three U2 members announced on the band's site.

"It looks like we will have to do our Tonight Show residency another time — we're one man down," the mes-



sage reads. "We're sure he'll make a full recovery soon, so we'll be back!" Given

Bono's recent penchant for disaster, that sounds kind of threatening.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Farrell flexes writing
muscle in support of Irish
marriage equality

In other, more pleasant Ireland-related news, Colin Farrell is making noise for gay rights in his home country — and letting everyone know that he has a very attractive gay brother in the process (even if that brother is off the market already).

Farrell published a letter in Dublin's Sunday World pushing for marriage equality in Ireland. And, as it turns out, the Total Recall star has quite a way with words.

"My brother Eamon didn't choose to be gay. But he was always proud of who he was. Proud and defiant and, of course, provocative. Even when others were casting him out with fists and ridicule and laughter of pure loathsomeness,



Colin Farrell ALL PHOTOS: GETTY IMAGES

derision, he maintained an integrity and dignity that flew in the face of the cruelty that befell him," he writes.

"The fact that my brother had to leave Ireland to have his dream of being married become real is insane. It's time to right the scales of justice here."



Nicki Minaj

Nicki Minaj's
credit score
takes a dive

Nicki Minaj has seen her credit score drop nearly 100 points ever since an outlet accidentally published her social security number while writing about the R&B star's 2003 shoplifting arrest, according to Radar Online. "Nicki's credit score dropped almost 100 points soon after because there were many inquiries into her financial records. The credit reporting agencies, detecting a lot of irregular activity, immediately notified Nicki's camp," a source says. "Since Nicki's social security number was made public on the booking information sheet, and that was leaked to the media this week, it's out there now. Nicki might have to get a new social security number. It's caused her a lot of stress."

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Want to get waisted?

Waist training. An updated version of the 19th-century corset is making a comeback

IZABELA SZYDLO
life@metronews.ca

If you knew Kim and Khloe Kardashian and Jessica Alba wore a corset to attain that elusive hourglass figure, would you wear one, too?

If Instagram's almost 300,000 search results for the hashtag #waisttraining are any indication, celebrity endorsements seem like a good enough reason to say yes.

But is waist training all it's laced up to be?

Aisha George is the owner of 416 Hour Glass Girls, a Toronto company specializing in waist trainers.

Before launching her business a year ago, George had an accident that resulted in lower back pain. Her doctor recommended a waist trainer for support and, to George's surprise, the unintended side effect was weight loss.

She says she went from an extra large to a medium in five weeks.

"It is a modernized version of the corset," she says. "Most of the waist trainers are made of latex or cotton with boning and have only two hooks in the back. So it isn't the extreme corset with lacing from the Victorian era."

George says the idea is to wear the garment for a minimum of two to a maximum of eight hours daily, which, due to the compression, encourages the intake of smaller meals and also causes extreme sweating in



The idea behind waist training is that the garment will cause extreme sweating in the midsection and result in an hourglass figure. CONTRIBUTED

the mid-section. If used consistently, supporters claim it will radically reduce and reshape the waist.

But Rita Catolino, a certified personal trainer and on-line transformation coach, isn't buying it.

"We're in this society of instant gratification and it's playing on people's desper-

ation. You can't put something tight around your body and have it change on a cellular level or lose fat percentage," says Catolino. "All you're doing is shifting the weight around. You're going to sweat

While 19th-century corsets were laced in the back, the waist trainers gaining popularity today have a hook system. ISTOCK



Kim Kardashian gushed about waist training with this post. INSTAGRAM

The slow and steady way

While George encourages her clients to pair waist training with diet and exercise for optimum results, Catolino is an advocate of working with what you've got. "You can make your waist look smaller by training your shoulders with lateral pull-downs, lateral raises and overhead presses. When you have larger shoulders, you're going to have that V-taper. Training your glutes is another way. The higher and bigger your glutes, the smaller your waist will look."



more so you'll lose water weight, but in two days, when your body rehydrates, that weight is coming back."

Catolino also identifies a host of health concerns that could arise from waist training, such as bruised ribs, digestive issues, respiratory

problems and chafing.

"It's almost so obvious how bad it is," she says, pointing to digestion as an example. "The whole process of digestion starts from swallowing to food being broken down and moving to your colon. If things are being squished it won't happen the way it should."

George, however, chalks up the possible dangers to a matter of sizing.

"No one who has purchased from me has experienced digestive issues because I ensure my clients get proper sizes," she says.

"If you are a large but get a small, you will have extreme discomfort. That is not the safe way to waist train. You should be able to breathe, eat and work out in the garment. Yes, you may want to eat smaller portions, but that is what many fitness experts recommend anyway."

"I also recommend wearing a camisole under the garment to prevent skin issues."

One of George's clients, Kim Thornhill of Oakville, Ont., uses the more breathable cotton waist trainer during cardio. She says despite the possible dangers and the fact that currently no medical research exists to support waist training as a weight-loss method, she isn't discouraged.

She does, however, believe people shouldn't rely solely on the practice.

"I use the waist trainer as an aid in maintaining an hour glass shape and I'm also supporting that with exercise, eating right and yoga," she says. "As with anything, people can take it to the extreme. But I've seen results from waist training and plan on continuing."

3
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TOP SIX @ 6 Weeknights at 6 Kat counts down the HOTTEST songs of the day

6 David Guetta & Sam Martin Dangerous

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Decisions, decisions

**The influence
of intuition**

Intuition tells us more than we sometimes care to admit about the quality of our decisions, according to a new study led by Ryan B. Scott at the University of Sussex in the U.K. The results of the study, which involved 450 unpaid participants, suggest the unconscious assesses the accuracy of decisions in a way that's unrelated to the information used to make them, a phenomenon called "blind insight." **AFP**

Racing toward a life less ordinary

Wellness. At age 17, Ryan Reed was told he'd never race again; catch him in NASCAR's junior league this season

EVA KIS
Metro in New York City

Ryan Reed may be on the fast track to NASCAR racing, but he had to get there his own way.

When they were growing up in California, Reed's older brother Cole drove a Ford Mustang, the same car Reed now races. Though he says he has "a lot of pretty awesome memories" of his brother's car, they're all from the passenger seat.

"There was no chance of me driving it," he tells Metro. "My first car was actually the truck that pulled my race trailer."

Getting behind the wheel wasn't his only challenge. Reed, 21, is in many ways not the typical Type 1 diabetes sufferer. He was diagnosed in his late teens with the disease, which (like Type 2 diabetes) has a genetic component but is triggered by unknown factors.

"I definitely had a lot of the symptoms. I was pretty sick,



Ryan Reed's race car is outfitted with a dashboard that includes a blood glucose monitor. CONTRIBUTED

but it was still a shock," Reed says. "I didn't know much about diabetes. There's a lot of misinformation about diabetes that weighed on me."

The heaviest of his concerns was about his career: By age four, he was already a Kid's

Kart Track champion, and by eight, Junior 1 Corner champ. But doctors told him he would have to give it all up.

"I felt like I could adapt my life, but not to race would be really hard to accept."

So he didn't. Reed began managing the disease, instead of letting it set the boundaries.

His Roush Fenway Racing stock car is outfitted with a rig that allows him to drink fluids while racing, and he receives insulin injections during pit

stops.

But, as with racing, managing his condition is about preparation through a healthy diet and exercise.

He works with a nutritionist and does strength and endurance training at the gym.

And besides his car, there's another machine that travels with him on race day: a road bike.

"The tracks tend to be in really beautiful areas, so I'll get on my bike and check it out."

Through Drive to Stop Diabetes, Reed works with children's organizations, and though he's usually asked about what brand of insulin pump he uses and how often he checks his blood sugar, it's hearing about what's still possible with diabetes that gets kids excited.

"I have Type 1 diabetes, and I'm still driving a race car. It doesn't make (diabetes) cool, but it makes it a little less scary."

Finding out the facts

I didn't know much about diabetes. There's a lot of misinformation about diabetes that weighed on me.

Ryan Reed, NASCAR driver

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TO THE DEALER: Schering-Plough Canada Inc. will reimburse the face value of this coupon, plus the specified handling fee, providing you accept it from your customer on purchase of items specified. Other applications may constitute fraud. Failure to send in, on request, evidence that sufficient stock was purchased in the previous ninety (90) days to cover coupons presented will void coupons. Coupons submitted become the property of Schering-Plough Canada Inc. Reimbursement will be made only to retail distributors who redeemed coupons. A reduction in GST payable, and Provincial Sales Tax where applicable, is included in the coupon's face value. For redemption, mail to: Schering-Plough Canada Inc., P.O. Box 3000, Saint John, New Brunswick E2L 4L3. Redemption request valid up to three months following the expiry date of this coupon.

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Name: _____

Address: _____

*Valid on any Drixoral spray. Limit of one coupon per purchase. Not valid with any other offer. Void where prohibited by law. Valid in Canada only.

EXPIRY DATE: April 30, 2015

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60319614

To be sure this product is suitable for you, always read and follow the label.

Caramelize to intensify rich soup

Health Solutions

Choose comfort without the excess carbs



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Without a doubt, as the barometer drops, we crave cosiness and comfort.

We are indeed designed to pack on a layer of fat for the winter and sweat it off in the summer, but are thwarted by our stressful and sedentary lifestyles.

Managing this truth means choosing the best way towards comfort food by resisting the cheesy, carb-laden casserole and dishing up some starchy, vitamin-packed squash instead.

Winter squashes like butternut and acorn are really no fuss at all if you bake them whole.

The time consuming part is the peeling and this step is eliminated when roasted whole with a side order of

more nutrients being contained within the flesh.

Once roasted, the skin and seeds slip right off and the remaining flesh is ready for anything.

- Add 4-5 cups cooked squash per 1 litre of broth and simmer into soup.
- Mash and use as a side dish.
- Stir into muffin mix and bake moist, warm snacks.
- Blend into pancake mix and pan-fry with bananas.
- Spread with plain Greek yogurt and season well. Serve warm as a veggie, cracker or bread dip.
- Freeze for instant stirring into soups and stews to thicken.

Squashes go well with many flavours, try:

- curry powder
- cinnamon and nutmeg
- garlic and thyme
- sage and leek

We will talk about how to lighten up when the sun comes back to play.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This Baked Butternut Squash Soup recipe serves 12. THERESA ALBERT

Soup Week. Metro's week of warming dishes you can slurp continues — and we threw in biscuits, too

THERESA ALBERT
myfriendinfood.com

Caramelization is what develops flavour in vegetables, particularly the root or starchy varieties.

Baking butternut squash whole not only makes it easier to peel, it also enhances that sweet spectrum that makes this fall food so comforting.

Bake the squash up to three

days in advance and the soup comes together for a hearty meal in a one-pot snap.

Soup

1. Place whole squash and onion halves on a baking sheet and bake at 400 F for about an hour until soft. (You can store these in the fridge for up to 3 days or proceed with the soup).

2. Melt butter in a large pot and stir in curry powder as well as crushed cardamom, and stir for 30 seconds. Add wine and simmer for one minute. Stir in broth.

3. Peel and discard skin and seed of squash and onions. Add to the pot and simmer for 15 minutes.

4. Purée with a hand wand and serve with biscuits.

Whole Wheat Sage Biscuits

1. Preheat oven to 425 F.

2. Mix together flours, baking powder and salt. Cut in butter and mix with your hands until it resembles small peas.

3. Stir honey into soured milk and lemon juice and blend into flours gently. Knead together and cut into biscuits.

4. Bake for 15 minutes.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

Soup

- 1 large butternut squash
- 2 whole onions cut in half
- 1 tbsp butter
- 1 tbsp curry powder
- 4 cardamom pods
- 1 cup white Zinfandel wine
- 2 litres chicken broth
- Slivered hazelnuts

Whole Wheat Sage Biscuits

- 1 cup unbleached flour
- 1 cup whole wheat flour
- 1 tbsp baking powder
- 1 tsp salt
- 1/4 cup butter, room temp
- 1 tsp honey
- 1 cup milk soured with 1 tsp lemon juice
- 2 tbsp fresh sage



This Fennel-Cumin Roasted Butternut Squash recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Fragrant seeds set off squash

We tend to associate dressing with salad, but they actually are an easy — and speedy — way to add tons of flavour to all manner of dishes.

Even roasted vegetables benefit. Too often, we only sea-

son roasted veggies before they go into the oven. While this certainly can produce delicious results, it can be limiting.

And that's where dressing comes in for this easy roasted butternut squash recipe that's

perfect for fall dining.

1. Heat the oven to 400 F.

2. Peel and seed squash, then cut it into 1-inch chunks. Mound squash on baking sheet, then drizzle with several tablespoons of olive oil. Toss with your hands to coat evenly, then spread in an even layer.

3. Roast for 15 minutes, then use a spatula to turn the pieces and roast for another 15 minutes, or until evenly browned.

4. During the final 5 minutes of roasting, in a small dry skillet over low heat, toast the fennel and cumin seeds, stirring constantly, until fragrant, about 2 to 3 minutes. Remove the skillet from the heat and stir in 2 tablespoons of olive oil and the lemon juice. Season with salt and pepper.

5. When the squash is done, transfer to a bowl. Drizzle the dressing over it and gently toss to coat. Serve warm.

THE ASSOCIATED PRESS

Ingredients

- 4 lbs butternut squash
- Olive oil
- 2 tsp fennel seeds
- 2 tbsp cumin seeds
- 2 tbsp lemon juice
- Kosher salt and ground black pepper

Jays add Martin to their nest: Reports

MLB. All-star catcher, a Toronto native, agrees to terms hot on the heels of Jays hiring a new hitting coach

New Toronto Blue Jays hitting coach Brook Jacoby was quite impressed by Russell Martin when he saw the Canadian catcher play in the National League.

If multiple media reports are true, the two will get a chance to work together next season in Toronto.

Several outlets reported Monday that the Blue Jays have agreed to a five-year, \$82-million US contract with Martin. The three-time all-star hit .290 with the Pittsburgh Pirates last season with 11 home runs and 67 runs batted in 111 games.

A Blue Jays spokesman said in an email that he had seen the reports, but had not announced anything. A message left with Martin's agent was not immediately returned.

Martin, 31, spent the last two seasons in Pittsburgh. The Toronto native, who grew up in Chelsea, Que., broke into the major leagues with Los Angeles in 2006 and spent five years with the Dodgers before a two-year stint with the New York Yankees.

Over nine seasons, the three-time all-star has a career .259 average with 119 home runs and 540 RBIs.

Jacoby, speaking on a conference call after his own hiring was announced, said he didn't know anything about



Multiple media reports have stated Russell Martin and the Blue Jays have agreed to a five-year \$82-million deal.

JOE SARGENT/GETTY IMAGES

A hint of things to come



"I'm big on working the middle of the field, I'm big on situational hitting. So those are some big cards in my deck."

Brook Jacoby, who played 11 seasons in the major leagues, replaces Kevin Seitzer as the Blue Jays' hitting coach

the reported deal with Martin. However, he did see plenty of Martin in 2013 when they were both in the National League Central — Martin with the Pirates and Jacoby in his last season as Cincinnati's hitting coach.

"He did bring a lot for Pittsburgh, not only offensively in

that catcher's position, but his relationship with the pitchers and how well he worked the pitchers against hitters," Jacoby said. "I got to see it firsthand with him."

"What an asset he would be to any ball club that could get him. I hope that is true (that Martin is Toronto-bound)."

Dioner Navarro was the regular catcher for the Blue Jays last season and Josh Thole primarily served as knuckleballer R.A. Dickey's catcher. The addition of Martin could see Navarro shift to the designated hitter's role in 2015.

General manager Alex Anthopoulos has traditionally made his biggest splashes via the trade route, so the signing of Martin would be a dramatic change to his usual style.

It would also send a signal that Toronto is ready to really open its wallet in an attempt to get over the hump in the American League East.

THE CANADIAN PRESS

Mooseheads

Falkenham and Crossley out with long-term injuries

The Halifax Mooseheads have taken a couple of big hits to their lineup.

The QMJHL club announced Monday that its team captain, 19-year-old forward Ryan Falkenham of Halifax, will be off the ice for six to eight weeks with a "lower-body injury."

Falkenham left the game this past Saturday in Sydney, during Halifax's 3-2 loss to the Cape Breton Screaming Eagles.

Herd general manager Cam Russell also announced Monday that 16-year-old rookie centre Brett Crossley of Cole Harbour is sidelined "indefinitely" with a concussion.

Crossley left after the first period last Friday after taking a bad hit along the boards in Halifax's 3-2 win over Cape Breton.

KRISTEN LIPSCOMBE/METRO

MLB

Stanton, Marlins sign record deal

Miami Marlins slugger Giancarlo Stanton has agreed to terms with the team on a 13-year, \$325-million contract. Team owner Jeffrey Loria has confirmed the deal, the most lucrative for an American athlete.

It's the most lucrative deal for an American athlete and averages \$25 million per season, or \$154,321 per game.

The deal includes a no-trade clause, and Stanton can opt out after six years, Loria said. A news conference is planned for Wednesday.

THE ASSOCIATED PRESS

Burns' HHOF induction 'was meant to be'



Pat Burns speaks during Patrick Roy's retirement ceremony in November of 2008. GETTY IMAGES

A few months ago, Line Burns was driving to see a friend and just happened to stop in Gilmanton, N.H., where she used to live with her husband Pat. She was fuelling up her car and getting something to eat when her phone rang. On the other end were Pat Quinn and John Davidson from the Hockey Hall of Fame, telling her that Pat Burns would finally be enshrined four years after his death.

"It was meant to be," Line Burns said. "He was probably laughing up there."

Fond memories



"He meant everything for me as I came to the Maple Leafs and also became the captain, too. He really taught me everything." Mats Sundin on his former coach, Pat Burns

With her husband's Hall of Fame ring in her grasp, Line talked Friday about how they used to laugh so much at home. She couldn't help but laugh that night when a video montage of Burns' best and angriest coaching moments were

shown on the video screens at Air Canada Centre.

Those included him winning the Stanley Cup with the New Jersey Devils, yelling at referees and going after Barry Melrose. "I'm sure it wasn't fun at that time," Line said, "but it

was hilarious."

The emotional range of the Burns' family and hockey community is vast as Burns posthumously went into the Hockey Hall of Fame on Monday along with Dominik Hasek, Peter Forsberg, Mike Modano, Rob Blake and referee Bill McCreary.

Before his death, Pat told his wife he wanted to make it in.

"It was something like, 'I hope I'll get in one day, and if I get in one day, I hope you're going to be there to represent me,'" said Line.

THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You may feel that a target is beyond your reach but you can get there if you are prepared to make sacrifices. You could opt for an easier objective but you must make a decision quickly.

♉ Taurus

April 21 - May 21

People hold you in high regard because you refuse to be like everyone else. Emphasize your uniqueness and you will find your natural place — at the top.

♊ Gemini

May 22 - June 21

You may be tempted to bulldoze through obstacles today but you can get what you need by less provocative methods. Might sometimes makes right, but not today.

♋ Cancer

June 22 - July 23

Be honest about what you desire, even if there is little chance of getting it. You won't change other people's attitudes overnight, but you can put down a marker for the future.

♌ Leo

July 24 - Aug. 23

Something you think of today has the potential to transform your existence, but only if you have more confidence in yourself as an ideas person.

♍ Virgo

Aug. 24 - Sept. 23

You have more in common with a rival than you realize. Instead of fighting each other, pool your resources. As a team, you will be unbeatable.

♎ Libra

Sept. 24 - Oct. 23

Because there is something you desire you won't hesitate to be assertive today. Be sensible though — know when it is wise to hold back.

♏ Scorpio

Oct. 24 - Nov. 22

If you want to achieve something special, set targets that are not too easy to reach. You are capable today of efforts above and beyond the norm.

♐ Sagittarius

Nov. 23 - Dec. 21

Don't try to finish something that has become a bit of a chore. You have lost interest in it is because your attitude towards it has changed. It is no longer important today.

♑ Capricorn

Dec. 22 - Jan. 20

You may find it hard to cut back on your social life but you know you have to if you are to make the most of a business opportunity.

♒ Aquarius

Jan. 21 - Feb. 19

Saturn, planet of limitation, warns if you take on too much you may end up further from your long-term goal than when you started. There's no rush.

♓ Pisces

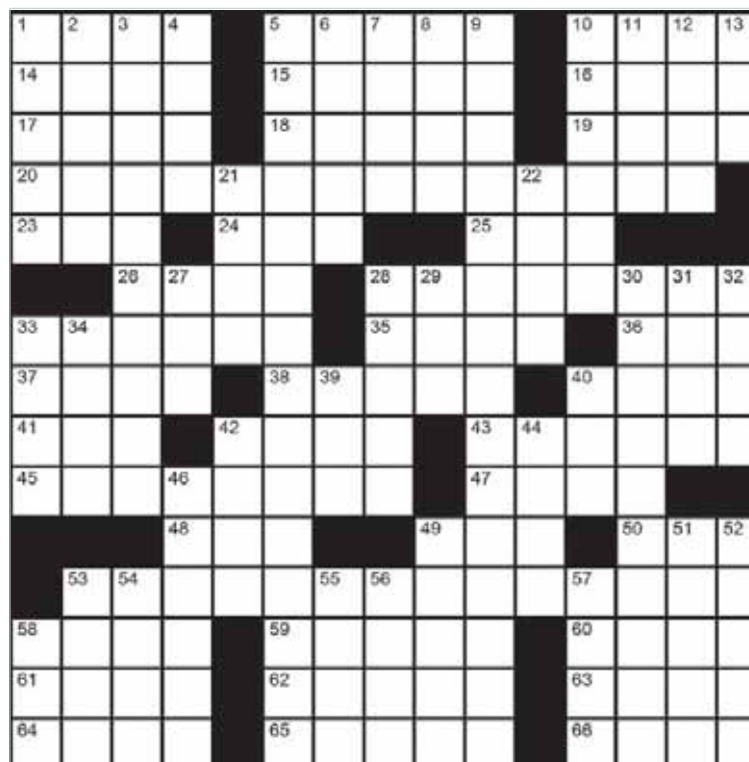
Feb. 20 - March 20

Your daydreams could get you into trouble. Some things are meant to be acted on and some things are meant to remain a fantasy. Keep your imagination under control.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Brave New World tablet
5. Some cheeses
10. Twelvemonth
14. "Waking ___ Reno" (2002): 2 wds.
15. 'You Win' opposite: 2 wds.
16. Regarding: 2 wds.
17. "Yes, yes!" in Spain
18. Honda model
19. Scot's negatives
20. Kenora, ON's giant fish sculpture: 3 wds.
23. Gremlin
24. Actress Lucy
25. "Norma ___" (1979)
26. Famous cookie
28. Health drink place: 2 wds.
33. Ms. Kelly, Canadian who married Princess Anne's son in 2008
35. Guesses [abbr.]
36. TV brand
37. Cracker topping
38. "Never.": 2 wds.
40. Ms. Perry
41. 'Capri' suffix
42. Beaver __, BC
43. Guitarist Mr. Eddy's
45. ___ Molson Memorial Stadium (Montreal Alouettes home)
47. TV honcho
48. Path [abbr.]
49. Stock mkt. debut
50. Groove
53. Ed Grimley's favourite game show:



- 3 wds.
58. Dull noise
59. Concepts
60. Pluses
61. Hwy. truck
62. 'Sleep'-meaning prefix
63. Deer's tail type
64. Anyone annoying

65. Terence d'Arby connector
66. Tal Bachman's "___ So High"

Down

1. Rolled-in-ric wappetizer
2. Yves Saint Laurent

perfume

3. Renee Zellweger movie about 'Peter Rabbit' author/illustrator Beatrix: 2 wds.
4. Canadian satellite
5. Type of Scotiabank Giller Prize winner: 2 wds.

6. Welsh merchant Yale University is named after, ___ Yale (b.1649 - d.1721)
7. 'Slithy' Lewis Carroll creature
8. "Sure ___ stand-ing here!"
9. Fee of trust: 2 wds.

10. "___ Doodle Dandy" (1942)
11. Mr. Morales
12. Perfectly, to ___
13. Iceland band, with Sigur
21. Space stuff
22. Pouches
27. Ms. McClanahan
28. Gem
29. Demi Lovato's "Made in the ___"
30. Kellogg's Raisin

31. Entr'___ (Theatrical interlude)
32. Sunny beams
33. Each: 2 wds.
34. 'Accent' add-on (Emphasize)
39. Eggs, Latin-style
40. "Ship and the Globe" Toronto-based singer/songwriter, ___ Sun
42. Mention
44. Wife: Latin
46. Purchaser's 'plastic'
49. Q. "Do you know ___ Sothern is still alive?" A. "I do, and she's not, alas."
51. Excessive
52. Tries
53. "What fun!"
54. Closed-lips sings
55. Product brand for feet, ___Eaters
56. ___ covert (Married woman, olde-style)
57. Itar-___ (Russian news agency)
58. Chef's meas.

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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until
NEXT YEAR¹

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UP TO 84 MONTHS²

OR \$6,000³
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ON SELECT MODELS

OR CHOOSE GREAT CASH OFFERS

OWN IT FROM
\$35⁴
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until
NEXT YEAR¹



Rio4 SX with Navigation shown⁵ - hwy / city 100km⁶: 5.3L/7.3L

2015 **RIO** LX MT

OWN IT FROM
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WEEKLY **\$0**
DOWN
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84 MONTHS⁴

Offer includes a \$1,500 loan rebate⁷ and excludes delivery, destination, PPSA and fees. Offer based on 2015 Rio LX MT (R0541F) with a selling price of **\$14,095**.

OWN IT FROM
\$38⁴
WEEKLY + **DON'T PAY**
until
NEXT YEAR¹



Rio5 SX shown⁵ - hwy / city 100km⁶: 5.3L/7.3L

2015 **RIO** LX MT

OWN IT FROM
\$38
WEEKLY **\$0**
DOWN
PAYMENT **0%**
FINANCING FOR
84 MONTHS⁴

Offer includes a \$500 loan rebate⁷ and excludes delivery, destination, PPSA and fees. Offer based on 2015 Rio5 LX MT (R0551F) with a selling price of **\$14,495**.

OWN IT FROM
\$40⁴
WEEKLY + **DON'T PAY**
until
NEXT YEAR¹



Forte SX shown⁵ - hwy / city 100km⁶: 5.3L/8.0L

2015 **FORTE** LX MT

OWN IT FROM
\$40
WEEKLY **\$0**
DOWN
PAYMENT **0%**
FINANCING FOR
84 MONTHS⁴

Offer includes a \$1,500 loan rebate⁷ and excludes delivery, destination, PPSA and fees. Offer based on 2015 Forte LX MT (F0541F) with a selling price of **\$15,995**.

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OUR WINTER READY MODELS

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REMOTE STARTER

LAST
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2014 CLEAROUT UP TO \$6,000 CASH BONUS³



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Atlantic Kia dealers
for Atlantic drivers.



Offer(s) available on select new 2014/2015 models through participating dealers to qualified retail customers who take delivery from November 1 to December 1, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing excludes delivery and destination fees up to \$1,665, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable), licensing, registration, insurance, and other taxes. Other lease and financing options also available. ¹"Don't Pay Until Next Year" (60-day payment deferral) applies to purchase financing offers on all new 2015 models on approved credit. No interest will accrue during the first 30 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. Offer ends December 1, 2014. ²0% purchase financing is available on select new 2015 models on approved credit. Terms vary by model and trim, see dealer for complete details. ³Cash bonus amounts are offered on select 2014 models and are deducted from the negotiated purchase price before taxes. Available on cash purchase offers only. Offer varies by trim. Certain conditions apply. \$6,000 maximum cash bonus amount only available on the 2014 Optima Hybrid EX (OP74CE) and includes a \$1,000 ECO-Credit. ⁴Representative finance example: 0% financing offer for up to 84 months available to qualified retail customers on approved credit for the new 2015 Forte LX MT (F0541F)/2015 Rio LX MT (R0541F)/2015 Rio5 LX MT (R0551F) with a selling price of \$14,495/\$12,595/\$15,995 which includes a \$1,500/\$1,500/\$500 loan rebate and excludes delivery and destination fees of \$1,485 and \$79 PPSA. 364 weekly payments of \$40/\$35/\$38 for 84 months with \$0 down payment. Credit fees of \$0. Total obligation is \$16,059/\$14,159/\$15,559. See retailer for complete details. ⁵Model shown Manufacturer Suggested Retail Price for 2015 Forte SX (F0748F)/2015 Rio4 SX with Navigation (R0749F)/2015 Rio5 SX MT (R0557F) is \$26,695/\$22,395/\$19,295. ⁶Highway/city fuel consumption is based on the 2015 Rio LX+ ECO AT/2015 Forte 1.8L MPI 4-cyl MT/2015 Rio5 LX+ ECO AT. These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. ⁷Loan rebate amounts are offered on select 2014/2015 models and are deducted from the negotiated purchase price before taxes. Available on finance offers only. Certain conditions apply. \$1,000 Holiday Bonus amount is offered on select 2015 Winter Edition models and are deducted from the negotiated purchase price before taxes. ⁸\$1,000 Holiday Bonus amount available on the 2015 Forte LX+ AT Winter SE (F0743F), 2015 Rondo LX AT 5-seater Winter SE (R0753F), 2015 Rondo LX AT 7-seater Winter SE (R0757F) and 2015 Optima LX AT Winter SE (OP743F). Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.